

Family and Consumer Sciences “Connections” in Lampasas County

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Heart Health: Conversation starters

It can be hard to talk to a family member or friend about making healthy changes. Use these tips to start a conversation about heart-healthy habits like quitting smoking or cutting down on fatty foods.

Begin by saying that you care.

You can say:

- “I want you to live a long and healthy life.”
- “I hope you’ll be around for a long time.”
- “I want to help you make healthy changes so you don’t have to worry about heart disease.”



Share the facts.

Let your loved one know how serious heart disease can be:

- “Heart disease is the number one killer in the United States.”
- “Heart disease causes 1 in 4 deaths in the United States – more than all types of cancer combined.”

Say how to prevent heart disease.

Make it clear that taking these steps can improve heart health:

- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you choose to drink alcohol, limit your drinking to no more than 1 drink a day for women and no more than 2 drinks a day for men.
- Eat healthy and get active. Aim for 2 hours and 30 minutes of moderate aerobic activity every week.
- Aim for a healthy weight. If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease.

Offer to help.

Ask your loved one:

- “What changes are the hardest for you to make? What can I do to support you?”
- “How can we get healthy together?”
- “What can I do to help you?”

Try suggesting these ideas:

- Go shopping together for healthy foods. Then cook and enjoy a healthy meal.
- Get active together. A good way to start is to meet every day for a fast walk.
- Encourage each other to get your blood pressure and cholesterol checked.
- If your loved one smokes, encourage him to get free help quitting by calling 1-800-QUIT-NOW (1-800-784-8669).



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<https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/heart-health-conversation-starters>

High Blood Cholesterol and Your Heart

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that your liver makes. It is also found in some foods that come from animals.

Cholesterol is found in all parts of your body. It plays a vital role in your body. It makes hormones, helps you digest food, and supports the workings of all the cells in your body. But your liver makes all the cholesterol that your body needs to do this.

Lipoproteins and Cholesterol

Cholesterol circulates in your blood stream. But it's fatty while your blood is watery. Just like oil and water, the two do not mix. As a result, cholesterol travels through your bloodstream in small packages called lipoproteins. The packages are made of fat (lipids) on the inside and proteins on the outside.

Two kinds of lipoproteins carry cholesterol through your bloodstream. It's important to have healthy levels of both:

- low-density lipoproteins (LDL)
- high-density lipoproteins (HDL)

What Does LDL Cholesterol Do?

Low-density lipoproteins (LDL) carry cholesterol to all the cells in your body, including the arteries that supply blood to your heart. LDL cholesterol is sometimes called bad cholesterol because it can build up in the walls of your arteries. The higher the level of LDL cholesterol in your blood, the greater your chances of getting heart disease.

What Does HDL Cholesterol Do?

High-density lipoproteins (HDL) carry cholesterol away from the cells in your body. HDL cholesterol is sometimes called good cholesterol because it helps remove cholesterol from your artery walls. The liver

then removes the cholesterol from your body.

The higher your HDL cholesterol level, the lower your chances of getting heart disease.

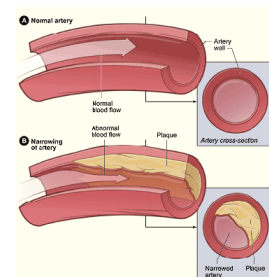
If Your Blood Cholesterol Is Too High

Too much cholesterol in your blood is called high blood cholesterol. It can be serious. It increases your chances of having a heart attack or getting heart disease.

When the cholesterol level in your blood is too high, it can build up in the walls of your arteries. This build up is called plaque.

Plaque Buildup Can Lead to...

- **Atherosclerosis**
- **Coronary Heart Disease (CHD).**
- **Angina.**
- **Heart Attack.**



Lowering Cholesterol Can Affect Plaque

Lowering your cholesterol level reduces your chances of plaque rupturing and causing a heart attack. It may also slow down, reduce, or even stop plaque from building up. And it reduces your chances of dying from heart disease.

High blood cholesterol itself does not cause symptoms, so many people don't know that they have it. It is important to find out what your cholesterol numbers are because if you have high blood cholesterol, lowering it reduces your chances of getting heart disease or having a heart attack.

<http://nihseniorhealth.gov/highbloodcholesterol/whatishighbloodcholesterol/01.html>

Healthy Relationships: Basics

Relationships exist on a spectrum, from healthy to unhealthy to abusive -- and everywhere in between. It can be hard to determine where your relationship falls, especially if you haven't dated a lot. Explore this section to learn the basics of dating, healthy relationships and drawing the line before abuse starts.

Is My Relationship Healthy?

In a healthy relationship:

- Your partner respects you and your individuality.
- You are both open and honest.
- Your partner supports you and your choices even when they disagree with you.
- Both of you have equal say and respected boundaries.
- Your partner understands that you need to study or hang out with friends or family.
- You can communicate your feelings without being afraid of negative consequences.
- Both of you feel safe being open and honest.

A good partner is not excessively jealous and does not make you feel guilty when you spend time with family and friends.

A good partner also compliments you, encourages you to achieve your goals and does not resent your accomplishments.

My Partner Doesn't Physically Hurt Me

Just because there is no physical abuse in your relationship doesn't mean it's healthy. It's not healthy if your partner:

- Is inconsiderate, disrespectful or distrustful.
- Doesn't communicate their feelings.
- Tries to emotionally or financially control you by placing your money in their banking account.
- Keeps you from getting a job or gets you fired.
- Humiliates you on Facebook or in front of your friends.

- Threatens to out you to your family.

So, Is My Relationship Unhealthy?

Everybody deserves to be in a healthy relationship free from violence. Drawing the line between unhealthy and abusive can be hard.

Remember, there are many types of abuse and while you may think some of them are normal -- they are not. Even though teen and 20-something relationships may be different from adult ones, young people do experience the same types of physical, sexual, verbal and emotional abuse that adults do. You should take violence in your relationship seriously.

http://www.loveisrespect.org/pdf/Dating_Basics.pdf



Conversation Tips for Talking to Teens

- ◆ Keep your composure
- ◆ Be present
- ◆ Be Sympathetic
- ◆ Stress Safety
- ◆ Provide Facts
- ◆ Talk with them, instead of preaching
- ◆ Have lots of discussions
- ◆ Keep tabs on TV
- ◆ Make media matter
- ◆ Chat in the car
- ◆ Text your teen

Chicken and Quinoa Soup

This new take on the traditional chicken soup from the American Heart Academy provides you with a tasty and heart-healthy way to enjoy the colder days of winter.



Nutrition Facts

(per serving)

Calories 154

Total Fat: 2.5 g

Sodium: 139 mg

Total Carbohydrate: 12g

Protein: 20 g

Ingredients:

4 cups fat-free, low-sodium chicken broth
 1 large onion, chopped
 3/4 cup water
 1 medium carrot, sliced
 3 large garlic cloves, minced
 1 Tbsp. chopped, fresh thyme
 1 medium dried bay leaf
 1/4 tsp. pepper
 1/3 cup uncooked quinoa, rinsed, drained
 2 oz. sugar snap peas, trimmed, sliced diagonally

What to do:

1. In a large saucepan, stir together the chicken, broth, onion, water, carrot, garlic, thyme, bay leaf, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer, partially covered, for 5 minutes.
2. Stir in the quinoa. Cook for 5 minutes.
3. Stir in the peas. Cook for 5 to 8 minutes, or until the quinoa is tender and the chicken is no longer pink in the center. Discard the bay leaf before serving the soup.

Lampasas County News



For those of you that are still trying to find a way to fulfill your New Year's resolution...if it is weight loss there is a new Weight Watcher's Group meeting on Thursdays at noon in the County Annex Conference

room. There are other weight loss, walking programs and/or nutrition lessons that we can schedule. Just let me know what you or a group of you are interested in.

The Lampasas Health Fair is scheduled for March 10th from 2—10 p.m. and is being held at the Pecan Creek Apartment's Club House. Please spread the word and plan on attending.

I'm looking for several people to serve on a committee to help plan and promote 4-H projects and adult educational programs. Please volunteer.

Family & Consumer Sciences "Connections" is provided by these Texas A&M AgriLife Extension Service Family and Consumer Science Agents:

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